

Student Healthy Lifestyle Survey 2004

Percentage responding to:

Q13a+b: What do you think are the most important things affecting your health at the moment? [sorted]

		Male	Female	All
HEALTHY:	Fitness/exercise	79%	88%	83%
	Diet	40%	52%	46%
	Activities - non-academic	14%	5%	10%
	Sleep (lots or adequate)	2%	8%	5%
	Work	3%	2%	3%
	Sex	2%	2%	2%
	Social Life	2%	2%	2%
	Others	2%	1%	2%
	Not smoking/no passive smoking	2%	0%	1%
	Positive mental attitude/outlook	1%	0%	1%
	Friends/relationships	1%	0%	1%
	[Nothing]	1%	0%	1%
	Vitamin pills/diet supplements	0%	1%	1%
	Fresh air and sunshine	0%	1%	1%
	Hygiene	0%	1%	1%
	Not drinking (to excess)	1%	0%	0%
	Medication/alternative medicine, e.g. acupuncture	0%	1%	0%
UNHEALTHY:	Poor diet	48%	58%	53%
	Alcohol	46%	30%	38%
	Smoking	20%	34%	27%
	Lack of exercise	11%	13%	12%
	Lack of sleep	4%	12%	8%
	Passive smoking	5%	5%	5%
	Stress/worry	4%	6%	5%
	Drugs	8%	1%	4%
	Laziness	3%	4%	4%
	Watching TV/using computer	5%	1%	3%
	Too much study	1%	4%	2%
	Others	4%	0%	2%
	Social life	2%	1%	1%
	Using computer	2%	1%	1%
	Nothing at the moment	2%	1%	1%
	Financial problems	1%	0%	1%
	Environmental pollution	1%	1%	1%
	General injuries	0%	1%	1%
	Lack of sunshine/fresh air	1%	0%	0%
	Depression/loneliness	0%	0%	0%
Chronic conditions, e.g. diabetes, epilepsy etc.	1%	0%	0%	
Cleanliness & Hygiene	1%	0%	0%	
Total Sample (Count)		219	222	441

Student Healthy Lifestyle Survey 2004
Percentage responding to:
Q14: How many hours sleep did you get last night?

	Male	Female	All
0	1%	0%	0%
2	0%	0%	0%
3	1%	2%	2%
4	5%	4%	4%
5	7%	5%	6%
6	16%	16%	16%
7 hours	22%	26%	24%
8	25%	26%	25%
9	15%	14%	15%
10	6%	4%	5%
11	1%	2%	1%
12	0%	1%	1%
13	0%	0%	0%
Valid responses N	218	221	439
Total Sample (Count)	219	222	441

Wigan & Leigh Healthy Lifestyle Survey 2004
Percentage responding to:
Q15: Is this usual for a night before a college day?

	Male	Female	All
Is this usual for a night before a college day? No	26%	26%	26%
Yes	74%	74%	74%
Valid responses N	216	219	435
Total Sample (Count)	219	222	441

Student Healthy Lifestyle Survey 2004
Percentage responding to:
Q16a: Is the amount of sleep you normally get ...
Enough for you to stay alert and concentrate on your studies?

	Male	Female	All
No	20%	24%	22%
Don't Know	14%	11%	13%
Yes	65%	65%	65%
Valid responses N	217	218	435
Total Sample (Count)	219	222	441